

THE SOURCE

Marilyn Stromberg and Patty True are February Job Well Done Recipients

By NRC's Employee Recognition Committee

Congratulations to Marilyn Stromberg, DHHS Scheduling Coordinator, and Patty True, Licensed Mental Health Practitioner, for being selected as the February 2013 "Job Well Done" recipients. These are the first of monthly awards to be presented under NRC's new Employee Recognition Program. In recognition of their hard work and dedication to NRC, each Job Well Done recipient receives a parking spot for the month and a \$25 pre-paid Visa gift card. They will also be eligible for the DHHS Employee/Supervisor of the Year awards.



Marilyn Stromberg has been employed at NRC since May 1999. Her co-workers stated that she deserves this award because she has the extremely difficult responsibility of staffing the units 24/7. She must take into consideration posting period re-

quests and leave requests for appointments, vacation and emergencies. She is responsible for coordinating the schedules of approximately 90 employees. She is also responsible for scheduling staff members to accompany Patient Services staff to doc-

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Nebraska Sex Offender Treatment Program

Mission: Providing Sex Offender treatment to prepare for community reintegration while maintaining public safety.

Vision: Helping people rebuild their lives with no more victims.

(Continued on page 2)

tor's appointments and around-the-clock hospital stays. She fields numerous incoming phone calls and is cordial on the phone and extremely pleasant to work with. Marilyn has a good understanding of the Union Contract as it pertains to employee schedules and utilizes this knowledge as a reference when discussing leave requests with the nursing department employees.

Thank you, Marilyn, for all you do!



by using methods that encourage patients so they want to do their treatment. Examples given include walking the hallway with a patient to get him to open up more, spending extra time speaking with patients in order

Patty True has been employed at NRC since October 1995. Her co-workers state that she deserves this award because of her constant efforts on 2-East to get patients involved in their treatment. She goes beyond the realm of regular duty

to bring them a bit closer to accepting and participating in treatment, and working continuously toward making the treatment more interesting and valuable to our patients.

Thank you, Patty, for all you do!



Please Welcome New NRC Employees



Debbie Stueckrath
Food Service Cook



Terri Flege
Barber/Beautician (Contract)



Sandra Spreeman
LPN (PRN)

What's Cooking at NRC

CHICKEN ENCHILADAS

2 12-oz. jars picante sauce	4 T. butter, divided
1 pint heavy cream	8 oz. sliced Monterey Jack
1 c. chicken broth	8 oz. sliced cheddar cheese
1 T. cornstarch	1 c. white onion, chopped
4 chicken breasts	1 pkg. 12 tortillas



Combine salsa and cream in large pot. In separate bowl, stir cornstarch with the broth, add to salsa and simmer 10 minutes; remove from heat. Cut chicken in small pieces and melt 2 tablespoons butter. When hot, add chicken and sauté until done. Place tortilla on surface and place a few pieces of chicken down center, top with onion, lay slices of cheese down center, and roll up tightly. Place seam side down on buttered glass pan. Repeat with all tortillas. Reheat sauce and pour over enchiladas. Cover with wax paper, lay a sheet of foil over and crimp edges to seal. Bake in preheated 350° oven for 30-40 minutes. You can use shredded chicken if you want and omit the frying.

(Submitted by Cody Meyer, and he challenges Jim McElfresh to submit a recipe for the next issue of *The Source*.)

Employees Leaving NRC

January 14, 2013
Rodney Warneke, RN

Apparently we love our own cell phones, but we hate everyone else's.



Trivia

Questions:

1. What animal has larger eyes than any other land creature?
2. In England, what is a rubbish tip?
3. What hobby did fictional sleuth Sherlock Holmes pursue after retiring from crime solving?



- Answers:
1. The ostrich
 2. A garbage dump
 3. Beekeeping

The Bulletin Board

Thank you to everyone out there at the Norfolk Regional Center for an amazing "retirement/graduation" send-off! All the notes, stop-ins, cards, gifts, food and well wishes at the retirement "event", as well as throughout those last weeks, were wonderful and deeply appreciated. I couldn't ask for a better way to end my years at the Norfolk Regional Center! As far as "retirement" goes, I see it like

this: It is like learning how to play a brand new game where I get to make up all the rules. I think I'm going to like this!! :-)

I miss you all,
Sheryl Hansen

daughter-in-law, Celia Ann, are much appreciated. Thank you so much for your caring and friendship.

Lynn Briard

Dear Co-workers,

Your thoughts, prayers, cards, gifts and kind words and expressions of sympathy while we are experiencing the loss of my

Thank you to everyone for your thoughts, prayers, words of comfort and monetary gifts in memory of my son, Jerad. NRC is full of great people.

Marilyn Fuller

NRC's Biggest Loser Challenge

Submitted by NRC Spark Plugs

"It's a new year with a new YOU!" That's the theme for NRC's 1st ever Biggest Loser Challenge. As part of the state



driven Wellness Program, the NRC Spark Plugs thought it would be a

great opportunity to drive that program at NRC. There are 38 participants that include 7 teams (four members

each), 5 females and 5 males. This is a 12-week challenge, with the final weigh-in April 12, 2013. Participants are required to weigh in 8 out of the 12 weeks, and weekly prizes will be awarded to each week's top losers. The top individuals (man and woman) and top team contestants who lose the most percentage of weight will receive cash prizes. Those winners will be announced at an all-hospital potluck in April 2013.

Each participant receives a custom-designed T-shirt. →



NRC Spark Plugs 1st Annual Chili Contest

Submitted by NRC Spark Plugs

A total of nine entries were submitted in the 1st annual NRC Spark Plug Chili Contest. Chili ranged from mild to extremely hot and sweet to spicy. Two of the entries were not your "traditional" chili but a White Chicken Chili. Judges rated the chili on a scale of 1-10, evaluating edibility, taste and texture.

Once judging was complete, the Spark Plugs opened the doors to hospital staff who could purchase a bowl or two for lunch. There were a total of 36 people who enjoyed a good lunch and fellowship.

A huge thanks goes out to all participants and judges. TiAnne Morse's White Chicken Chili was the overall winner,

and TiAnne is awarded the Spark Plug parking spot for the month of February. Second place went to Yancey Cortner for his Blazing Saddles recipe, and third place went to Brandy Boschult for her South of the Border recipe.

TiAnne shares her winning recipe:

White Chicken Chili

2 lbs. chicken, cooked and shredded

14.5 oz. chicken broth

3 cans Northern Beans

1 can Rotel tomatoes & chilies

1/2 cup onion, diced

1 tsp. cumin

1/2 tsp. oregano

3/4 tsp. cayenne pepper

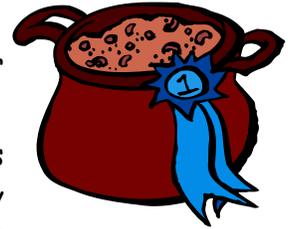
8 oz. sour cream

3 cups

Monterey

J a c k

cheese, shredded



I use a whole chicken or you can use chicken breast. Place in crock pot and cook on low 6-7 hours or all night. Remove chicken and shred. Remove broth from crockpot. Stir in onion, cumin, oregano and cayenne pepper. Add chicken broth (I use broth from chicken I cooked), beans and Rotel. Let simmer for 1-2 hours. Stir in sour cream and cheese. Heat until heated through and cheese is melted. Enjoy!!



Chili contest judges: Ben Kohlhof, Jim Story, Becky Inness and Terri Bruegman. Not pictured: Doug Moats.

What brave staff we have!!



Kevin Wiltman wipes sweat from his brow after trying Yancey's Blazing Saddles chili.

How to Stretch Your Dollars

A reader recently asked, "How do you stretch your dollars in these hard economic times?" Good question. And we bet you have some good answers!

The editorial board is introducing a newsletter feature to address this reader's question. We've heard that some NRC staff are very good at stretching a dollar, with extreme couponing, creative vacation package deals, etc., and we know how resourceful NRC staff can be.

This is your invitation to share your ideas and strategies for thrifty living with your coworkers. We are sharing a few ideas to get things started, but

we want to hear from YOU!!

- Search the internet for freebies and use coupon websites, like couponbug.com.
- Use a programmable thermostat at home. Every degree on your thermostat saves about 3% in energy costs, so increase the setting a few degrees in the summer and lower it in the winter.
- The Federal Trade Commission (FTC) says that if you want to reduce the interest rate you're paying on your credit card purchases, your best bet is to handle it



yourself for free: call the customer service number on the back of your credit card and ask for a reduced rate. Be calm, patient and persistent.

- Need a haircut, manicure or pedicure? Go to a beauty school where you can get professional work at a fraction of the cost.

E-mail your frugal living ideas to any of the newsletter board members listed on the back of this newsletter for inclusion in future issues.

The Amazing Team Hoyt

Rick Hoyt was born a spastic quadriplegic whose doctors recommended he be institutionalized due to little chance of living a "normal life." His parents refused to give up and helped him graduate from both high school and college.

Rick loved sports and want-

ed to participate in a benefit run, so his father pushed his wheelchair through the race. Rick said, "Dad, when I'm running, it feels like I'm not handicapped."

Those words gave his dad all the motivation he needed to push, pull, and carry his disabled son through more than

1,000 races and triathlons through the past 33 years.

Source: www.teamhoyt.com



National Bean Day

Submitted by Marilyn Blunck, HIM Manager & Employees Association member



January 6th was National Bean Day. In the spirit of this national day, the Employees Association challenged employees to identify the beans below. Congratulations to Jennifer Bender and Amy Vollbrecht for identifying the most. They each received a gift certificate to Franklin's Bistro. Below are the answers.

1. Light Red Kidney Beans



2. White Kidney Beans



3. Jelly Beans



4. Refried Beans



5. Fotolia Beans



6. Mung Beans



7. Soybeans



8. Black Beans



9. Navy Beans



10. Coffee Beans



11. Lupini Beans



12. Van Camp Pork & Beans



13. Great Northern Beans



14. Pinto Beans



15. Black-Eyed Peas



16. Chickpeas (Garbanzo) beans



17. Fava (or Broad) beans



18. Human Beings 😊



19. Red Beans



20. Black Soybeans



21. White (Small White or pea)



22. Lima (Butter) Beans



23. Green Beans



24. Mesquite Beans



25. Bush's Baked Beans



The Jelly Bean Story

Jelly beans are another historical mystery — no one is really sure when or how they were invented. We do know that it has seen many different forms. Turkish delights — made of jelled sugar and rose-water and coated with powdered sugar — are the ancient, famous cousin of jelly beans. They have been enjoyed ever since the times of ancient Rome, and are even mentioned in the Bible! Somewhere along the way, somebody decided to switch the powdered sugar for granulated, and the gumdrop was born. Finally, in the 17th century, the French invented a process called panning. The procedure adds a sugar coating by swishing candies around in a mixture of sugar and syrup. Soon, though, they were using all kinds of centers. Perhaps the tastiest of all are drops of a gooey mixture called slurry: add a coating, and you get a jelly bean!

During World War II, most of America's chocolate was sent overseas to soldiers. The folks back home turned their attention to other candies, and the flavorful, inexpensive jelly bean quickly became the most popular. President Ronald Reagan loved them so much that he persuaded the Jelly Belly company to make a blueberry flavor so that he could serve red, white, and blue jelly beans in the Oval Office. Americans will eat about 15 billion jelly beans this Easter. They're even so popular that pollsters have figured out jelly bean psychology: boys are more likely to eat a handful at a time, while girls like them one by one, and most people eat them in this order: red, purple, green, yellow, and black.



DHHS - NORFOLK REGIONAL CENTER

DHHS—STATE OF NEBRASKA

Norfolk Regional Center
1700 N. Victory Road,
Bldg. 16
PO Box 1209
Norfolk NE 68702-1209
Email:
marg.hipp@nebraska.gov
402.370.3315

The Source is an employee newsletter written by the employees and published monthly for the employees within the Norfolk Regional Center. Articles and ideas for publication are always welcome and can be forwarded to any member of the Editorial Board.

It is the policy of the Editorial Board to attempt to print any article that does not attack another person. The Editorial Board reserves the right to edit articles for size and content. Articles sent to the Editorial Board must be signed, but the writer may request to have their name withheld. Please contact us with submissions for the next edition, and with your comments on the newsletter!

NRC Editorial Board

Marg Hipp - Editor - 370.3315

TyLynne Bauer - 370.3328

Susie Kohlhof - 370.4313

Marilyn Stromberg - 370.3142



If You're Feeling Blue, Better Hide the Credit Card

Submitted by Julie Beutler, ADON

We've always known a little retail therapy could improve our mood, but now there's scientific evidence that explains why sadness can be detrimental to our wallet.

Jennifer Lerner, a psychological scientist at the Harvard Kennedy School of Government, and colleagues at Columbia University found that being sad tends to lead people to value instant gratification over making smart financial decisions.

In a study published in the journal *Psychological Science*, the

researchers assigned subjects to randomly view either a video that elicited sadness or a neutral video. Participants who viewed the depressing video exhibited what's known as "present bias" — they valued future rewards 13%-34% less highly than participants who watched the neutral film.

In other words, having a case of the blues can lead to impulse buying: You want that new smartphone now, even though the monthly contract might be cheaper in a few months.

The authors argued that knowing the emotions involved in financial decision-making can help shape public policy ranging from estate planning to credit card regulations.

So, this means you may be wise to remove "Sophie's Choice" and "Terms of Endearment" from your Netflix queue.

Source: Adapted from *Modern Healthcare*, November 2012

